

# RUNNING FOR YOUR LIFE IN HEELS

BRYCE DALLAS HOWARD'S "JURASSIC" CHALLENGES. PAGES 16-17



# metro

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Monday, June 15, 2015 w: metro.us | t: MetroNewYork | f: MetroNewYork



## NYC prime destination for gay tourists

PAGE 02

## Waldorf wedding ruined by gunfire

PAGE 04

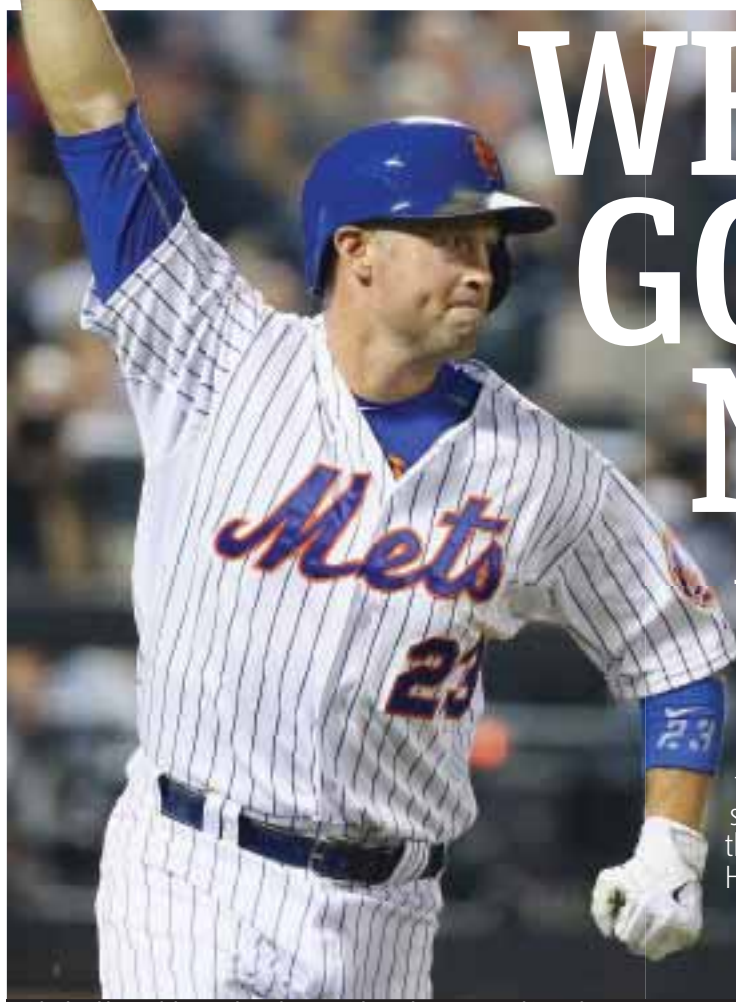
## Floods unleash ark of zoo animals

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## Mika battled depression and won

PAGE 22

# WHO'S GOT NEXT?



**Title talk.** The Mets surprisingly may have the best shot at being New York's next pro sports champion. We rank each city team on the likelihood they'll soon be taking a trip through the Canyon of Heroes. PAGE 30

Michael Cuddyer and the Mets have the potential to make some noise this October. / GETTY IMAGES

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## NEWS

Top 3

*The best of Metro.us*

1 'TED Talk Advice Every Student Should Hear'

2 "'Pop-up beer garden' is a euphemism for gentrification"

3 'You're not who you say you are: Cambridge girl takes on Islamophobia'



Get the latest

Want to read the latest news on your mobile device? Get the free Metro App! Find out what happened while you were sleeping and get the latest in news, sports, lifestyle and entertainment. Just search for Metro US in the App Store or Google Play.

# LGBT tourists love NYC's friendly vibe

**Welcome.** NYC's LGBT-friendly attitude is still helping pull in gay, lesbian and transgender tourists.

With gay marriage now legal in the majority of the United States, members of the LGBT community are still visiting New York because of the accepting atmosphere, a new report finds.

A recent study found that gay, lesbian and bisexual men and women are just as likely to visit New York City because the city is LGBT-friendly as they are for great food, and more likely to visit for those reasons than nightlife, diversity, arts, culture and shopping.

The study by city tourism partner NYC and Company, which polled 3,503 self-identifying members of the LGBT community, also found different travel trends within the community.

Gay and bisexual men are more likely to spend their time in New York out at clubs or shopping, while lesbian and bisexual women are more likely to seek out family-friendly activities, music and live performances and LGBT community events.

An estimated seven million LGBT tourists visit New York City every year, according to NYC and Company.

"We come for both the city being LGBT-friendly, and we're going to a Broadway show tonight," said Ladd LeBus, who was



Pedestrians walk by The Stonewall Inn, a New York City landmark supporting the gay rights movement. Below, Brad Page and Ladd LeBus, tourists from Austin, Texas, who have been together for 26 years, at the legendary Stonewall Inn. They come to New York City at least three times a year. / HANNAH MATTIX, METRO



Quoted

**"NYC's energy, culture and cuisine appeal to all visitors, no matter who they are or where they come from."**

Fred Dixon

visiting with his partner, Brad Page, from Austin, Texas, and finishing up a drink at the Stonewall Inn.

"We've been visiting for 30 years, and used to come because Texas was so homophobic," LeBus added.

"I think gay travel is a layer of travel," said Billy Kolber, founder of ManAboutWorld magazine, a travel magazine for gay men that recently launched an app to help visitors explore LGBT New York by Citi Bike. "Nobody goes to a destination just because it's gay-friendly, though there certainly was a time even 20 years ago when gay people weren't as free to travel as many

places."

LGBT travel is diverse within itself, Kolber said, with travelers interested in luxury, family, romantic and other experiences.

"Children-friendly trumps gay-friendly every time when making family travel decisions. New York is a place gay families will visit that they won't stick out in any way, where the dads and moms leave kids with a sitter to go out and explore gay nightlife ... then take the family to Sheridan Square to talk about the importance of the Stonewall riots," Kolber said.



WENDY JOAN BIDDLECOMBE  
Wendy.Biddlecombe@metro.us

## NYC waterways. Police recover two bodies from rivers

Police recovered two bodies from New York City waters in separate incidents on Sunday.

The body of a 33-year-old woman was pulled

from the water underneath the George Washington Bridge, police said.

The NYPD Harbor Unit transported the body to the 125th Street Pier,

where the victim was then moved to St. Luke's Hospital, where she was pronounced dead.

In the Bronx, police pulled the body of a man

from the water near Pelham Bay Park.

The body was a black man in his 60s, fully clothed.

He was taken to

Pier 1 where he was pronounced dead.

The police did not disclose the identity of either victim, pending family notifications. **JULIA SHU**



Urgent: Special Summer Driving Notice

To some, sunglasses are a fashion accessory...

# But When Driving, These Sunglasses May Save Your Life!

**Drivers' Alert:** Driving can expose you to more dangerous glare than any sunny day at the beach can... do you know how to protect yourself?

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

**Not all sunglasses are created equal.** Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

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Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of



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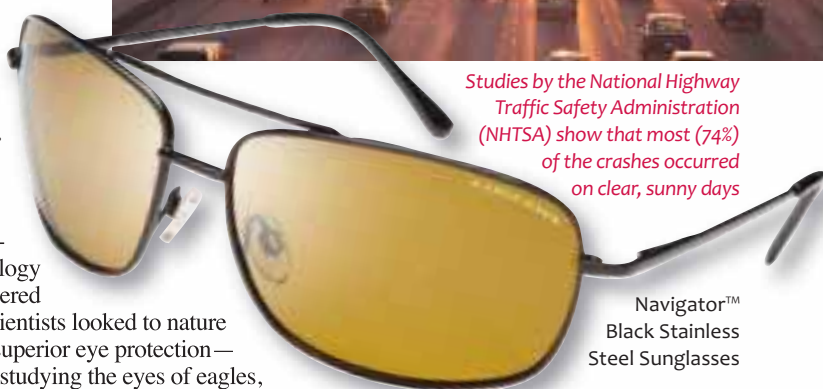
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# Brothers charged in Waldorf shooting

**Surprise.** A guest's gun discharged in his pocket at a wedding reception in the hotel.

Two brothers have been charged in the shooting at the Waldorf Astoria Hotel

that turned a wedding reception into a bloody police scene.

The gun, temporarily missing after the shooting, has been recovered by the police.

Vladimir Gotlibovsky, attending the wedding of his cousin, was carrying his 9mm Ruger in his front pocket when it suddenly discharged.

The shot ricocheted, grazing the head of Maya Rafailovich and injuring three others with flying debris. All were taken to the hospital and released after treatment.

After the shooting, Gotlibovsky handed the gun to his brother, Felix Gotlibovsky.

Felix then handed the gun to Vladimir's wife, the

Daily News reported. Both brothers now face charges for moving the gun, with Vladimir also facing an additional assault charge. The Daily News reported that Vladimir has a residence and business permit for his gun, not a full carry permit.

JULIA SHU  
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The site of the shooting and the gun / MILES DIXON, PROVIDED

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## NYC. Rent regulations could expire today

Gov. Andrew Cuomo in April warned of “mass mayhem” if New York City rent stabilization, rent control and other tenant protections were to expire.

Mayor Bill de Blasio recently said: “The level of displacement would be like nothing we’ve ever seen before” if the protections expire. “The beginning of the end of New York City as we know it.”

So, will the current protections really go away?

The laws that govern how much rent will increase in the city are governed by Albany. The Rent Guidelines Board votes at the end of every June what one- and two-year rent hikes will be on new leases. Cuomo has insisted he won’t let the current structure go away and that the protections will be extended. He just opposes any expansion.

“Without rent regulations and rent stabilization, you’ll have chaos in the real estate market unlike anything you’ve ever seen,” he told the Association for a Better New York. “Because if it lapses one day, you will see real estate entities and landlords start raising rents and evicting tenants. I mean it would be immediate mass mayhem.”

He has vowed in an Op-Ed to call the Legislature back “every day if necessary until tenants are protected with new regulations.” Albany basically shuts down for the summer next Wednesday.

Mayor Bill de Blasio has a package of proposals to strengthen protections and fund more affordable housing that he and his Democratic allies in

### The facts

Potential rent hikes for rent stabilized leases (if the program is saved):

- For a one-year lease, a range between 0 and 2 percent.
- For a two-year lease, a range between 0.5 and 3.5 percent.

Final vote on rent hikes:  
Wednesday, June 24,  
Cooper Union,  
7 East Seventh Street

Albany are pushing:

**Eliminate vacancy decontrol:** When an apartment unit hits \$2,500 a month, it is off the rent stabilization books forever, and landlords can do what they want.

**Make amenity surcharges temporary:** When you get a new fridge or request a better air conditioner, or other service boost, landlords are allowed to hike your rent a certain amount to fund it.

**Vacancy hikes:** If you move out, landlords can boost rent for the new tenant by a whopping 20 percent, accelerating the ever-shrinking affordable housing stock.

**The 421a tax break:** De Blasio wants an overhaul of what is known as the 421a tax break, which gives incentives to build and has saved city developers billions of dollars. The mayor argues 421a should be tied to requirements to build affordable housing.

JOHN A. OSWALD



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Studio	\$1,148	2	➡	1 person 2 people	\$40,732-\$60,500 \$40,732-\$69,100
Studio	\$1,298	1	➡	1 person 2 people	\$45,875-\$66,550 \$45,875-\$76,010
1 bedroom	\$990	2	➡	1 person 2 people	\$35,349-\$51,425 \$35,349-\$58,735
1 bedroom	\$1,232	5	➡	1 person 2 people	\$43,646-\$60,500 \$43,646-\$69,100
1 bedroom	\$1,393	3	➡	1 person 2 people	\$49,166-\$66,550 \$49,166-\$76,010
2 bedroom	\$1,198	5	➡	2 people 3 people 4 people	\$42,515-\$58,735 \$42,515-\$66,045 \$42,515-\$73,355
2 bedroom	\$1,488	23	➡	2 people 3 people 4 people	\$52,458-\$69,100 \$52,458-\$77,700 \$52,458-\$86,300
2 bedroom	\$1,682	6	➡	2 people 3 people 4 people	\$59,109-\$76,010 \$59,109-\$85,470 \$59,109-\$94,930

\* Rent includes gas for cooking

\*\* Household size includes everyone who will live with you including parents and children. Subject to occupancy criteria.

\*\*\* Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income for household members. Income guidelines subject to change.

#### How Do You Apply?

Apply online or through mail. To apply online, please go to: [www.nyc.gov/housingconnect](http://www.nyc.gov/housingconnect). To request an application by mail, send a postcard or self-addressed envelope to: Lemor Realty Corporation 167 West 145th Street New York, N.Y 10039. Only send one application per development. Don't submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application will be disqualified.

#### When Is the Deadline?

Applications must be postmarked or submitted online no later than August 3<sup>rd</sup> 2015. Late applications will not be considered.

#### What Happens After You Submit an Application

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.



Mayor Bill de Blasio  
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## Millions celebrate Puerto Rican Day

The annual National Puerto Rican Day Parade marched along Fifth Avenue as an estimated 2 million spectators cheered on the marchers as they made their way from 44th Street to 79th Street. Actress Rita Moreno, the parade's grand marshal, stopped to dance with Cardinal Timothy Dolan in front of St. Patrick's Cathedral. / MILES DIXON



# Painful Varicose Veins & Swollen Legs?



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# FLAG FEVER

## The Foreman forecast

### TOM FOREMAN

TOM FOREMAN PREDICTS THIS WEEK IN POLITICS. HE IS A CNN CORRESPONDENT AND AUTHOR OF THE UPCOMING BOOK "MY YEAR OF RUNNING DANGEROUSLY: A DAD, A DAUGHTER, AND A RIDICULOUS PLAN."



Let's face it, Flag Day does not get the respect it deserves, and this weekend was no exception. Maybe that's because the two major parties are so busy waving their own banners. In any event, expect some hot and heavy political winds to whip the pennants of the 2016 race this week.

**1. BATTLE FLAG:** Hillary Clinton, wounded by wilting poll numbers, is calling for a charge after yet another announcement of her candidacy. Operatives hope her rally in dark blue

New York City pays off with more voters seeing her in personal — not merely political terms since she is making her mom a centerpiece. (Yeah, it's not exactly that easy ... but I get their idea.) Meanwhile, you can count on pundits to be looking for signs of praying in husband Bill's interview with Jake Tapper on CNN's "State of the Union." The simple truth: As long as Camp Clinton is under siege over foundations, finances and emails, getting the troops in line will prove difficult.

**2. CAPTURE THE FLAG:** On the Republican side, Jeb Bush will finally dash from the grasslands and try to grab the flag down in Alligator Alley. His long-awaited announcement that he is running for the

Oval Office will come in his home state of Florida, which is convenient in several ways. It's an easy drive; the location will be a tip of the hat to all those who liked him as governor there; and it will be a direct challenge to his pal, Marco Rubio, who is courting the same crowd for the GOP nomination. Love and war, kids, love and war.

**3. WHITE FLAG:** And the White House, while not ready to surrender, certainly will have to regroup after Congressional Democrats walloped President Obama

late last week over his Pacific trade deal. If this pillar of the president's legacy can't be resurrected and defended, watch other politicians hoist the "Lame Duck" banner high over Pennsylvania Avenue.



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The focus of the search was to expand slightly on Sunday but mostly remains near a highway that leads from Dannemora to Plattsburgh, about 14 miles away, New York State Police said. / GETTY IMAGES

## Search for NY prisoners expands east

**Birthday.** Sunday marked the 35th birthday of David Sweat, the younger of the two convicted killers.

As the hunt for a pair of inmates who escaped from an upstate prison entered its ninth day on Sunday, new details emerged about how a female prison worker now under arrest promised to help them in a daring breakout.

David Sweat, 35, and Richard Matt, 48, were discovered missing from their adjoining cells in the maximum security prison, located about 20 miles south of the Canadian border, at 5:30 a.m. on June 6.

Joyce Mitchell, 51, who worked as an industrial training supervisor at the prison's tailor shop, was due back in court in Plattsburgh on Monday on charges of promoting prison contraband and criminal facilitation.

Mitchell was accused of providing chisels and hacksaw blades to the men, who were both serving time for murder, authorities said.

She smuggled the tools to them about five weeks before the escape, accord-

ing to several media outlets, after an initial report in the Albany Times Union, citing unnamed investigators.

Mitchell, who had agreed to drive the getaway car, had planned to meet the men at a power plant near the prison, ABC News reported. Clinton County District Attorney Andrew Wylie as saying. But she had second thoughts and never showed up, checking herself into a hospital for a panic attack instead.

She was told she would need a four-wheel drive vehicle to transport them to an undisclosed wooded area, ABC News said, citing Wylie.

Wylie did not immediately respond to a request for comment.

The Times Union, citing an unnamed investigator, said Mitchell had agreed to drive them to a cabin in Vermont.

Mitchell has pleaded not guilty to the charges. If convicted, she faces up to eight years in prison.

She was transferred on Saturday to a county jail about 165 miles away from the state prison where she worked to reduce tensions in the facility. Many residents of the surrounding village either work at the prison or have family employed there.

REUTERS

### Killing

## Maryland man arrested, charged with shooting ice cream truck driver

A Maryland man was arrested on Sunday after he fatally shot an ice cream truck driver in

front of children waiting in line to buy frozen treats, according to police.

Larnell Lyles, 27, was taken into custody for the murder of Brandon Brown, 22, who was fatally shot while selling ice cream out of his "Big Daddy Ice Cream" truck Saturday afternoon in Frederick, about 50 miles west of Baltimore,

according to a Frederick Police Department statement.

The suspect approached Brown as he exited the truck to sell ice cream to children and shot him once in the chest at about 5:30 p.m. local time, Frederick police said.

Police said witnesses helped identify Lyles, who was taken into

custody in Walkersville, 7 miles north of Frederick, and charged with first-degree murder and use of a handgun in the commission of a felony.

Additional charges will follow at a later date, police said.

Frederick Police officials did not give a motive and said the investigation was ongoing.

REUTERS

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Januvia 100mg	90	\$209.99	Bericax 40mg	90	\$114.99
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# Five things you

## US plans to store heavy arms in Baltic, Eastern Europe: Source

The United States plans to store heavy military equipment in the Baltics and Eastern European nations to reassure allies made uneasy by Russian intervention in Ukraine, and to deter further aggression, a senior U.S. official said.

"We will pre-position significant equipment," the official said, commenting on a New York Times report that the Pentagon was poised to store battle tanks, infantry fighting vehicles and other heavy weapons for as many as 5,000 troops.

Poland and Lithuania both confirmed they were in talks with Washington on stationing

heavy arms in warehouses in the region.

"The threats to the Baltic region have increased. This has been discussed many times and I view positively (the fact) that talks lead to concrete decisions which, I think, will become a reality," Lithuanian Prime Minister Algirdas Butkevicius told Reuters.

Poland's defense minister said he expected a decision soon.

"During talks in Washington in May I have been assured that the decision will be taken soon," said a ministry tweet, quoting Defense Minister Tomasz Siemoniak. "This is another step to increase U.S. presence in Poland and the region." **REUTERS**



## Germany says it's grappling with hacker threat

Germany's defense minister warned of the growing threat of cyber-attacks as a newspaper reported that malware had been found on the parliamentary-office computer of Chancellor Angela Merkel.

The report came a few weeks after it emerged that hackers had attacked the Bundestag's (lower house of parliament) computer system.

Speaking to newspaper Welt am Sonntag, Defense Minister Ursula von der Leyen said cyber-attacks were one of the biggest challenges for international security, citing the "enormous damage" they can cause to the economy. **REUTERS**

## STRAIGHT Talk

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Erectile dysfunction (E.D.) affects more than 30 million men in the U.S. It is especially common in men with **diabetes, high cholesterol, high blood pressure, obesity, prostate cancer, prostate surgery, heart problems, and in past or current cigarette smokers.** However, it is now possible to **treat almost all men with E.D!** E.D. undermines a man's sexual confidence—but successful treatment can restore it! Many E.D. treatments are covered by most insurance and prescription plans.

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# need to know

## Islamic State turns to wide-screen TV propaganda in Iraq

Islamic State militants have set up giant television screens in the Iraqi city of Ramadi and are using them to proclaim that they will seize more Iraqi territory after capturing the provincial capital last month, residents said.

Efforts by the Shi'ite Muslim-led government and its American allies to break the hardline group's control of about a third of Iraq are currently focused on Ramadi, in Sunni Muslim heartland Anbar province. **REUTERS**



## Hospital at center of South Korea's MERS suspends services; seven new cases

A South Korean hospital suspended most services on Sunday after being identified as the epicenter of the spread of a deadly respiratory disease that has killed 15 people since being diagnosed in the country nearly four weeks ago.

The World Health Organization (WHO) has called an emergency meeting for Tuesday on South Korea's "large and complex" outbreak of Middle East respiratory syndrome (MERS), the biggest outside Saudi Arabia, where it was first identified in humans in 2012. **REUTERS**

## Space probe, thought lost, awakens

A robotic space lander has surprised scientists by waking up and sending a signal to Earth, seven months after straying into the shadows of a comet.

The European Space Agency said that it had received signals from the lander, when it began "speaking" with its team on the ground for the first time since it went into emergency hibernation following a botched landing on the comet in November.

Scientists believe the probe is receiving increasing amounts of sunlight as the comet speeds closer to the sun, enabling its solar panels to produce the power needed for it to send data.

**REUTERS**

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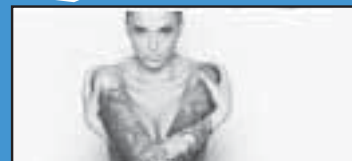
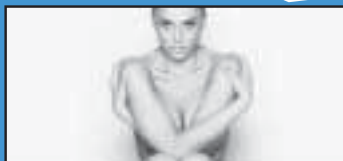
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1. AMS 700® Patient Manual. Information and Instructions for Patients Considering an Inflatable Penile Prosthesis. American Medical Systems. 2012.

2. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010.

3. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.

4. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.

5. Penile prosthesis. <http://www.essm.org/society/esham/males/oraltreatments/penileprosthesis.html>. European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

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NEWS 12

## Floods. Police hunt for escaped zoo animals in Georgian capital



Local residents push a hippopotamus along a flooded street in Tbilisi. Tigers, lions, jaguars, bears and wolves escaped from flooded zoo enclosures in the Georgian capital. GETTY IMAGES

Tigers, lions, bears and wolves were among more than 30 animals that escaped from a Georgian zoo and onto the streets of the capital Tbilisi on Sunday during floods that killed at least 12 people.

Residents were advised to stay indoors until the animals could be captured. Reuters photographs showed a marksman shooting tranquilizer darts at a hippopotamus walking past shops on a mud-soaked street.

Local news agencies later reported more than half the animals had been returned to the

zoo. Some were killed by police, including a rare breed of white lion cub and six wolves roaming the grounds of a nearby children's hospital.

Three zoo workers died, including a woman who was trying to save lions and tigers. Several weeks ago she had lost her arm when a tiger attacked her, according to the reports.

Heavy rains turned the Vere River that flows through Tbilisi into a torrent that washed away buildings, roads and cars.

"Dozens of families remain homeless as their houses were destroyed or damaged in the

### People missing

24

At least 24 people were still missing and 37 were taken to the hospital with injuries, Interior Minister Vakhtang Gomelauri told an emergency government meeting.

capital," Deputy Mayor Irakly Lekvinadze told reporters.

The estimated damage was up to 40 million lari (18 million), according to the Finance Ministry, and government officials were in touch with international donors to discuss aid.

REUTERS

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## Uncle Jesse got popped for DUI

John Stamos certainly had a wild weekend. The "Full House" star was arrested and charged with DUI in Beverly Hills after police stopped him for erratic driving. Stamos was first taken to Cedars-Sinai Medical Center "due to a possible medical condition," where he was formally arrested and given the citation. Photos from the arrest show a bleary-eyed Stamos popping a squat on the curb before police decided to head to the hospital. There's no word on what that medical condition might be, but he's due in court in September. Stamos tweeted



Say it ain't so, Uncle Jesse. / ALL PHOTOS GETTY IMAGES

out, "Thanks to everyone for their love and support. I'm home and well," but there are so many

unanswered questions here, not least of which is what, no super-handsome mug shot?

## Kylie Jenner looking to get hitched for her 18th birthday

How do you celebrate finally becoming a full-fledged adult? If you're Kylie Jenner, you do it by marrying your 25-year-old rapper boyfriend, Tyga, if this Radar Online report is to be believed. "Right now,

their plan is to get hitched in August," a source says. (August, by the way, is when Jenner turns 18.) "They are making plans to quit L.A. for a brand-new life away from her family and his baby mama, Blac

Chyna. Kylie is done with the constant criticism and micromanagement from her family, especially Kim, and she's dead set on going her own way as soon as possible." Sounds good. Where are they registered?

## Lark Voorhies marries Facebook boyfriend

Remember Lark Voorhies, the actress best known for her role as Lisa Turtle on "Saved by the Bell?" Well, she got married to a guy she met off Facebook. The actress reportedly married a music engineer named Jimmy Green after first connecting with him via the social network a year ago. The two have



had two weddings already — one on April Fools' Day — and are considering having more, according to TMZ, because, sure.

The newlyweds are also considering a third wedding next year that will include friends and family. Let's hope they make it that far.

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## THE WORD

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## Beyonce laughing off another lawsuit

Singer Ahmad Lane is suing Beyonce, claiming her song "XO" rips off his demo "XOXO." Beyonce isn't having it, though, responding via her lawyers that "the two works ... share no lyrical or musical similarity, other than perhaps the letters 'X' and 'O.'"

### Daily video

### A 'Star Wars' and 'Star Trek' nerd-off

College Humor continues to address life's biggest and most important questions, this time tackling a real conundrum in "Which is Nerdier: 'Star

Wars' or 'Star Trek'?" The debate is brought to cartoon life through adorable animation of a bickering faceoff between Jean-Luc Picard and Darth Vader picking apart each franchise's faults. For instance, Vader offers, "You pack your dialogue with bulls— pseudoscience,"

while Picard strikes back with, "'Star Wars' is like philosophy for children." And you know the Patrick Stewart impression is pretty spot-on. The video doesn't state conclusively one way or the other, but I think we all know the answer: "Star Trek" is way nerdier.



Make it so ridiculous. / COLLEGE HUMOR

# 2 CULTURE

### Twitter feed

Today, Seth Rogen goes to some weird parties, Thandie Newton is living her truth, Whitney Cummings is playing nice, Seth MacFarlane wants to update a franchise and Steve Martin is mostly optimistic.

@Sethrogen: I'm actually watching a star of "Abraham Lincoln Vampire Hunter" debate whether or not it's more valid than "Lincoln" with a star of "Lincoln"

@thandienewton: Just found a half eaten piece of pasta in my bra #motherhood

@WhitneyCummings: I'm not mad at ya Florida

@SethMacFarlane: "You're super hot, but I almost died four times today and I'm too stressed out to have sex." - Realistic James Bond

@SteveMartinToGo: Humor unites us all. Mostly.



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Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.



After sending you to South Street Seaport last weekend, I decided to revisit some of my favorite barbecue joints in Harlem. Since few of us have grills in the city, I usually go out to get my barbecue fix. These venues will remind you of backyard cookouts, with less cleanup.

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Dinosaur Bar-B-Que / DANIEL KRIEGER

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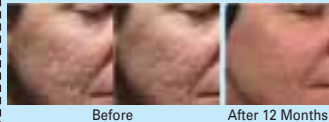
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FILM 16

**Interview.** The  
“Jurassic World”  
star outruns a  
T. rex while  
looking fabulous.

Actors pick up all sorts of new skills when working on big movies, but one area of expertise Bryce Dallas Howard never expected to master on the job is ankle health. But when your character spends the entire movie in a set of rather nice-looking high heels, and you're being chased by killer dinosaurs, these things become important.

**What are your memories from seeing the first film from 1993?**

It's one of those experiences where I was so impressionable, and it was just such a vivid experience. I left remembering every single second of it. It was just a crazy-good movie. That film is genius. I was making jokes with Chris [Pratt] before we started that I needed to bring back the high-waisted khaki shorts that Laura Dern made popular with “Jurassic Park.”

**Your running in heels in this was very impressive.** I was obsessive with making sure that I didn't get injured. At this point, I know

# Bryce Dallas masters running in heels

It's hard out there for a Jurassic World operations manager. / CHUCK ZLOTNICK

so much about the fitness of ankles. [Laughs] It's completely disproportionate with overall fitness, which is really funny because I remember, about halfway through, I thought to myself, “Man, my ankles are so strong. Should I be working out other parts of my body for a major motion picture? Hmm.” It's all about the ankles. I loved that we kind of landed in this place where it was right for the character to have her heels on the

whole time.

**How do you pick up ankle-specific exercises?**

I was really lucky because my driver turned out to be a UFC winner, this guy Pete Williams — just an incredible athlete. And he was the one who actually taught me all these balance and ankle exercises, because in mixed martial arts, you have to really take care of your feet and you have to be able to balance. So he taught me

## The Yes Men. For their third film, longtime activist pranksters show us the real them (sort of)

**One more thing**

**Were you two reluctant to get so personal?**

**Mike Bonanno:** It was very soon after we finished the last film that we started talking about how, if we're putting together another film, it had to be different. It had to be something where we're making more of a connection with the viewer and making ourselves more human and more present as characters.

**There's been a rash of movements that have not been afraid to take to the streets — the kind of engagement you've encouraged for years.**  
**Andy Bichlbaum:** It's an exciting moment because there is this recent history that goes into

which is much bigger and much more universal. And it will keep going. Social movements that really change things do so over a period of 10 or 12 years. We're kind of at the beginning still.

**Comedy is a good way to get people engaged politically. A lot of formerly apolitical or apathetic people have been turned on from watching “The Daily Show.”**

**Bichlbaum:** When people laugh about things, they think about them differently. You can even get people who disagree with you to laugh about something. Then they accidentally see what you mean.

**Another issue touched**

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One more thing

**So when your workday involves riding an ATV with your arms wrapped around Chris Pratt, how much does that suck?**

It does not suck at all. That day was funny because we had a very short pe-

riod of time to shoot that — like every other day — and I remember I needed to hop on the back of the four-wheeler and we took off through a crowd of people and went peeling down a road and did a sharp turn. At the end of it, I went to Chris, and I said, “Chris, I feel so safe. Thank you so much.” And he was like, “Well, you shouldn’t.” [Laughs] There was a lot of stunt driving that he had to do.

**to play over this, which sadly isn’t too common for big movies.**

One of the things Colin [Trevorrow, director] always said on set was that this movie has to work without the dinosaurs. I met him in March of 2013 over Skype. He told me so much of the story — I couldn’t even believe it when it was happening, like I’m not

even cast in this movie yet and he’s telling me so much of it. I can’t believe he trusts me. And then a month later, he called me and said, “I’m at the top of a mountain in Hawaii; I was thinking about you. We’ve all talked about you, and when we Skyped together, you felt like family. We’d like to invite you into the ‘Jurassic World’ family.” I mean, I said yes on the spot. But there was no script until September. He described this character to me who really goes on this journey. At first she’s incredibly unlikable, and by the end of the film, she’s heroic.



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so much stuff. I was lucky that I got to work with him. I’ve heard it’s one of the most important things, to take care of your balance as you get older. So I got a lot of good tips.

**Your character gets a great arc**

**BRYCE DALLAS HOWARD**  
**IN LESS STRESSFUL**  
**ENVIRONS.**  
GETTY IMAGES



For more with Mike Bonanno and Andy Bichlbaum talking about “The Yes Men Are Revolting,” out now, read our full interview on [Metro.us](http://Metro.us) / THE ORCHARD

**on in the film is LGBT rights. Caitlyn Jenner’s Vanity Fair cover was handled almost entirely with warmth, apart from a few jerks. Do you think it’s now more or less a done deal?**

**Bichlbaum:** They’ve turned around pretty much. I think it’s done. Not totally, but it’s close. Once you have gay

marriage, what else do you want? [Laughs] It is good that we have gay marriage, but it’s also a little sad that there’s this movement, that’s been part of this larger movement, that is kind of forgotten. ... [The gay rights movement] has so much to teach other movements. ACT UP is still the most inventive

recent movement I can think of. They used things in ways that no other movement has done or done as well. There were some ex-ACT UP movement members who were part of Occupy, actually. But the mainstream of the gay movement is no longer political anymore, in the broader sense. **MATT PRIGGE**

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# “Fraction Of An Inch” Success And Failure With Popular Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer  
**Manhattan** - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

**But before I tell you all that - let me ask you this:** How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

## **Sounds Too Good To Be True?**

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from **real medical treatments**.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

**But the fact of the matter is:** If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

**And even better** - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

## **Here's The Treatment And The Embarrassing Moment**

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

**Here is why:** When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating away at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

## **Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City**



**Nothing Spreads The Word Like Caring Doctors and Results** - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

## **Allow Me To Explain...**

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

## **“All Doctors Are Human And Sometimes They Mess Up”**

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

**Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.**

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

## **Technology To The Rescue**

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.



# The Difference Between Knee Arthritis Treatment?

Should Know... *That Might Be Keeping You In Pain*

**Here's something incredible:** I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

**The best thing is:** When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

## **"Double Confirmation" For Best Results**

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

## **What Results Can Be Expected?**

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

## **Who Is This For?**

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

## **Your Invitation**

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227- KNEE** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

**This screening is no cost and there is no further obligation.** The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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**Why A Fraction Of An Inch Can Be The Difference:** Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to

## **Before Treatment**

**Painful Knee Joint**  
**Riddled With Arthritis**



## **Successful Treatment**

**Exact Placement Of Lubricating Gel**  
**When Using Advanced Imaging**



## **Failed Treatment**

**Without Advanced Imaging Missing**  
**Joint By TINY Amount Causes Failure**



**Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering**

**Interview.** RJ Cyler debuts in the Sundance hit "Me and Earl and the Dying Girl."

Making movies has been completely ruined for newcomer RJ Cyler. His very first feature, "Me and Earl and the Dying Girl" — he plays Earl — went on to win the Grand Jury Prize and the Audience Award at Sundance, where it had its world premiere. But they can't all be like that, right?

**This is your first movie, and it won Sundance.**

I literally didn't know what Sundance was. I didn't know that movies went to film festivals. I literally thought you shot a movie, it came out in theaters or ended up on Netflix, or they just didn't come out at all. So then when they told me about Sundance, and I read up about it, I was like, "Holy crap." And then we made it into Sundance — that was good enough for me. Then all the rest is just the icing on the cake to



The Dying Girl (Olivia Cooke) and Earl (RJ Cyler) hang in "Me and Earl and the Dying Girl." / FOX SEARCHLIGHT

make it much sweeter; it was so good.

**Did they warn you that they don't all do that?**

I was like, "Man, we didn't have to set the bar so high." I can't go back to Sundance again with another movie and get the same experience, OK? They have literally ruined Sundance for RJ. How dare you.

**How much of Earl as a**

**character was on the page, and how much did you add?**

Really, Earl and RJ are the same people. It's just that Earl is more controlled and mature, in a sense. I still have a lot of childishness that I put in my everyday life, because I don't like to grow up too fast, you know? That's my acting technique, being able to tap into my inner child. Imagination is very active and stuff when you're

younger, but as you get older, and you start to learn different stuff and go through life and go through stuff, you lose a sense of it a little bit. When it came to Earl, I was able to just grab different nuggets.

**One more thing**

**What surprised you about making a film for the first time?**

A lot of things. Alfonso [Gomez-Rejon]'s camera angles, oh my goodness. To walk into a room and see a camera hanging from the ceiling? Yeah, that took RJ to another place. This is my first film so I don't know what all this dolly work is and contraptions that they're building on set and tracks and stuff. It was just a lot.

**CYLER**

GETTY IMAGES



**And you've got other stuff going on besides acting.**

Yeah, I'm still DJing. I really want to DJ at a big party. If I could DJ at Ultra or something, it would blow my mind. I still play the drums and the piano too. I'm trying to get more musically inclined with different instruments like the guitar and the violin and stuff like that. I just want to find the right teacher. I want Jamie Foxx to teach me. I love the way that he approaches music. I know Jimi Hendrix would never be able to tutor me, but Jamie Foxx is a person that I would love to model my musical approach after.

**Have you called him to ask for lessons?**

I haven't. I left a few Instagram comments. "I don't know if you're looking for, you know, a protege. I promise I would not make your name look bad. I could be Little Jamie if you're Big Jamie." He didn't respond. He has too many followers. I've got to figure out another way.



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# Is saying 'no' to your kid a big no-no?

The so-called do's and don'ts of parenting are enough to send a mom into orbit, but for a lot of moms, repeatedly saying "no" to their child can really cause self-doubt.

Listen, I'm completely guilty of telling my kids "no" ... a lot! A few examples: "No, you can't climb onto the window sill." "No, you can't eat rocks." And my personal favorite, "No, you can't hit your brother with your Buzz Lightyear toy."

I do always follow up the "no" with some sort of explanation, which many would agree is the right thing to do, but my explanations are usually delivered tersely or in an annoyed state.

I get that always saying "no" can become ineffective when overused, but making sure you explain to your child why he or she cannot have or do what he or she wants is a critical part of the equation.

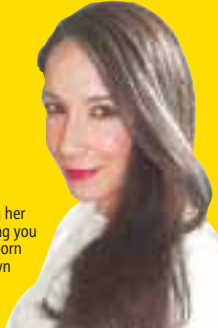
I decided to pay attention to how other moms in my neighborhood handle this situation. One mom I know avoids the word altogether and instead just jumps right into reasoning with her child and explaining why the behavior isn't acceptable. That sounds reasonable, but that ship sailed for me a long time ago.

## Mommyhood Musings

### YESENIA ALMONTE

Twitter and Instagram: @yeseniaalmonte

Metro's new parenting blogger is sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months.



Another mom I know acknowledges why her child wants to do the bad behavior and then diverts the bad behavior with another activity. And one mom I know just puts the kids in time-out and instead lets the child offer the explanation.

I think all of these methods can be effective if used consistently and provided the

parent believes in it. I guess it's just a matter of what feels right to you as a parent. For me, I think it's OK to sometimes just say "no" (especially when it comes to safety issues), but I'm also a big believer in "because I said so," which for me can often be all the explanation I need to give. What do you think? Tell me on Twitter at @yeseniaalmonte.



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# Mika bares it all

**Interview.** After a period of sadness and isolation, Mika emerges with a powerful, intimate new album, getting more honest than ever.

Mika may have churned out bubblegum hits like "Love Today" and "Popular Song" in the past, but his new album, "No Place in Heaven," (out tomorrow) is melodious while exploring deeper, darker issues. Mika opens up to us about emerging from complete isolation to share the personal issues that matter the most to him.

**'I became afraid of what people think.'**

It's been three years since Mika's last album, "The Origin of Love," and he says for most of that time, he purposely disappeared. "I went into almost complete isolation in my daily life and in my professional choices," he says.

"I became afraid of what people would think of my work. I isolated myself, which was so stupid because I realize now that as soon as you become preoccupied with worrying what people think about protecting yourself, it's like



Mika's fourth album, "No Place in Heaven," comes out tomorrow. / PETER LINDBERGH

a creative cancer."

## Taking chances

On New Year's Eve, he decided to make a prom-

ise to himself that he would say yes to the next offer that came his way, no matter what. He got more than he bargained for when he was asked to be a judge on "The

X-Factor" in Italy. But Mika followed through, learning Italian in two months. As a result of that, he landed a deal doing "The Voice" in France.

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## A bold message

## Daring to be brave

One song on the album, "Last Party," is about Freddie Mercury coping with his HIV-positive diagnosis by throwing a three-day rager in a nightclub. "There's also a song called 'Good Guys,' which provokes a lot of questions, but I wrote it to myself," Mika says. "I [wanted to] dare to be like all the people who inspired me when I was younger and who didn't think about the consequences, even if it put them in danger."

Mika recorded the bulk of the album alone in his L.A. home, which he says helped him get to a place of deep intimacy. "When you're singing and writing a song, you're showing more than a full nude striptease. You're going all out and hiding nothing," he says. "When something is intimate, and it's very personal, it's really powerful. People are craving intimacy."

## Reemerging to a more honest place

"I stopped that false protection, which was just getting in the way. When you hear the album, it's got such a devil's wink in it, and the subjects I deal with are truly hard and very intimate, but when combined with joyful pop melodies, it resonates," he says.



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## TV watch list



Will Claire find her John Doe? / EIKE SCHROTER, ABC

## MOVIE

## 'Goodfellas'

Despite a certain recent Internet outrage on the subject, this gangster movie is A-OK for both women and men to watch. Or maybe it isn't! Watch it yourself and decide. 7 P.M., AMC

## 'The Fosters'

Stef and Lena continue to be champions at blended families by hosting a special Father's Day brunch for Mike. Jude decides to invite Donald along for the family fun.

8 P.M., ABC FAMILY

## REALITY

## 'So You Think You Can Dance'

The show is still narrowing down its contenders for this summer and visits Los Angeles to see who thinks they can dance out there. Probably a lot of people, right? 8 P.M., FOX

LISA WEIDENFELD

## 'The Whispers'

John Doe is still on the hunt for answers and ends up taking Dr. Benavidez along for the ride. Claire and Wes are still trying to figure out where he is and whom he'll go after next. 10 P.M., ABC

## DRAMA

# Painful Varicose Veins & Swollen Legs?



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# Fixing tech's gender gap

jobs  
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## HOW TO GET AHEAD

Girls Who Code founder Reshma Saujani wants to inspire young women to go into computer science.



WANISE MARTINEZ, MWN  
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Reshma Saujani has a plan: to provide computer science education to 1 million young women by 2020. The Indian-American lawyer and politician is the founder of Girls Who Code, a nonprofit devoted to giving girls the computing skills to pursue 21st-century opportunities. In an interview with Metro World News, Saujani spoke about her varied career, her passion for technology and why more women need to get into science and technology.

**By trade, you're a lawyer who has been involved in**

**politics. So, how did you get into coding?**

I first became involved in coding following my campaign for Congress in New York City in 2010. During my time running for office, I came across some of the poorest and richest schools in New York City. ... While some schools had every imaginable gadget available, others didn't even have access to a computer. ... After doing research into the gender gap in the technology field, I knew I needed to start a program to help teach girls the right skills to thrive in the 21st century — and then Girls Who Code was born.

**Men outnumber women when it comes to working in coding and computer science. Do you think it's because of bias or because society**

**continues to teach us that tech is a "male profession"?**

The root of the problem for getting young girls interested in coding and technology is education. The simple fact is there has been a steady decline in women who wish to pursue jobs in tech-related fields since the 1980s. This decline is precisely what we are trying to change at Girls Who Code. ... Coding can be a collaborative and creative process filled with excitement and fun. Our programs and clubs work to emphasize these qualities and allow girls to see

jobs in computer science and tech in a different light.

**Your main goal is to narrow the gender gap and prepare millions of girls to take on future coding jobs. How are you going to make that happen?**

Working to close the gender gap is not something that is going to happen overnight. However, in the few years since our founding in 2012, we have taught over 3,331 girls nationwide through 150 Girls

Who Code clubs and 19 summer immersion programs. One hundred percent of our graduates from the various summer immersion programs around the U.S. are planning to major in computer science or engineering — most of these graduates had a different or undecided educational path before Girls Who Code.

**How do you see the future of women in technology?**

Tech is all around us today. There's no denying the global reach. It has become ingrained into seemingly every aspect of our lives, and its influence will only continue to grow. The future of jobs is within computing fields supporting this growing technology. It is estimated there will be 1.4 million of these positions available by 2020. We need to help make sure young women are properly educated and have the resources available to thrive within this field.

## By the numbers

- 37% of women majored in computer science in 1984
- 18% of women majored in computer science in 2012
- 20 girls were enrolled in Girls Who Code in 2012
- 2559 girls were enrolled in Girls Who Code's programs in 2014
- 88% of Girls Who Code alumnae major or plan to major in computer science
- 12% of Girls Who Code alumnae major or plan to major in electrical or mechanical engineering

## Star alumnae

Andrea Gonzales and Sophie Houser met at Girls Who Code's 2014 Summer Immersion Program, where they created an 8-bit feminist video game called "Tampon Run" that eventually went viral. The

duo then worked with Pivotal Labs to launch a mobile version of the game available at the App Store. "It's stories like this that truly showcase what Girls Who Code is all about: cultivating collaboration, creativity and technical ability," says Saujani.



Reshma Saujani GETTY IMAGES



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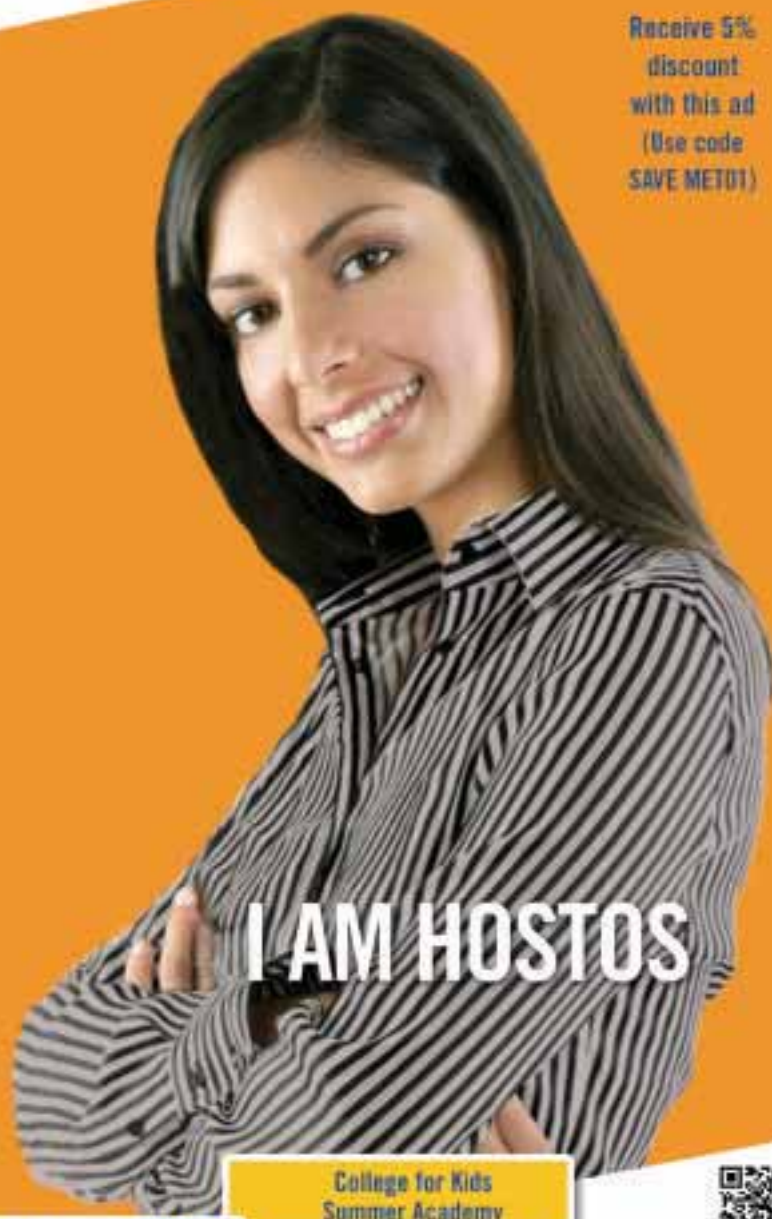


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# Why volunteering is good for business

Giving back can also land you a promotion. Here's how to feel good and get ahead.

RAQUEL LANERI  
@RaquelLaneri  
raquel.laneri@metro.us

Studies have shown: Giving makes people happy.

And it makes workplaces happier too. A study by Deloitte Consulting found that 87 percent of those who volunteered with work felt that it improved their teamwork and people skills, while 81 percent said that it helped develop stronger relationships with their colleagues.

"Volunteering brings a team together," says Carrie Morgridge, vice president of the Morgridge Family

Foundation and author of "Every Gift Matters: How Your Passion Can Change the World." "It increases productivity and allows co-workers to bond over a common goal that's not necessarily work-related."

Morgridge offers these tips to finding the best charitable activities for your team.

## Find what brings you joy

Let's be honest: Not all of us are equipped to wrangle a bunch of hyper-active children. "Identify your passion first," says Morgridge. "Ask yourself what you like, where you like to give, where you have given in the past and the best gift you've ever given. By answering these questions, you can find what project will give you the most fulfillment." Once you find a cause, you'll feel much better about asking your friends, or colleagues, to join you.



Find a way to turn your passion into a volunteering opportunity. iStock

## Get your team involved

Apply those same questions to your co-workers. Ask them where their passions lie and brainstorm what a volunteer project for the team would look like. "I recommend something that's active — like building bikes or prepar-

ing meals together," says Morgridge. Can't decide on one activity? Pick a "volunteer day" and come up with a few options that your colleagues can choose from.

## Make it official

Don't be shy to go up to your boss and suggest

a volunteer day. "Say, 'I have this idea. I did the research, and I'd love to plan an event,'" advises Morgridge. If your company already has a giving program, but it's not where you love to volunteer, there's nothing wrong with creating something new, Morgridge adds. "Why just have one program?"

## Where to volunteer

*Morgridge recommends these nonprofits for giving back and strengthening team bonds.*

**Wish for Wheels:** This nonprofit provides bikes and helmets for elementary school kids. Volunteers pitch in to build a bike, and the organization offers all sorts of team-building activities for groups who want to volunteer together.

**Habitat for Humanity:** The popular organization allows volunteers to build homes for families in need around the globe.

**Second Harvest:** One of the largest food banks in the U.S. relies on volunteers to sort, package and deliver food.

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## School of rock



"I am way more confident," says singer Maya Velasquez about singing in her class' rock band. **PROVIDED**

This month, 42 New York City public school teachers received training to teach Modern Band. That means, come September, 362 city schools will be offering classes on how to rock.

The initiative is part of Amp Up NYC, a collaboration between the New York City Department of Education, national nonprofit Little Kids Rock and Berklee College of Music in Boston. The program, now winding down its second year, aims to expand the district's Modern Band music program, which can include

ukulele for elementary schoolers, composition for teens and even rock band opportunities for special ed. It also offers scholarship opportunities for students to attend Berklee's summer music camp in Boston.

"It's all about widening the door to music education," says Gabriel Cobas, director of Amp Up NYC. "Some music just doesn't fit the mold of your standard band and orchestra and choir classes, and this tends to be the kinds of music that kids already love and play

outside of school. So why not use that music to engage them inside the classroom?"

It also has other benefits. Maya Velasquez decided to sign up for Modern Band when she transferred into iSchool in Tribeca this year as a 10th grader. "I was iffy about the 8 a.m. time at first, but I found it was a nice way to get to know people at my new school," she says. "I've always been singing, but I've never played guitar. At first, I was shy, but now I am way more confident." **Raquel Laneri**

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# Network like a pro

Going to an event where you'll be meeting tons of professionals in your field? Read this first.

TalentEgg.com is a job board and online career resource for college students and recent graduates.



Pro tip: Don't eat garlic bread before a networking event! iStock

## Carry a pen and paper

Always carry some sort of writing utensil and paper or notebook. Even though we live in a world of tablets and cellphones, they aren't always as dependable. Having a pen will also allow you to make notes on the business cards you receive to help you remember each person.

## Take photos of business cards

It's hard to keep track of all the business cards you receive at networking events — in the bottom of your bag, in the back of your cellphone case, in your pockets (then through the wash). Instead, take photos of all the business cards you receive and create an album on your mobile device.

## Make a statement with your outfit

It can be difficult to

keep track of all the people you meet at a networking event. And as important as it is for you to remember your new acquaintances, it's equally important that they remember you. Wear something identifiable (but still professional), such as a brightly colored blouse or polka dot bow tie.

## Wear comfy shoes

Your shoes are arguably the most important part of your wardrobe when it comes to professional business events. It's hard to look good and be comfortable, but the last thing you need is for your feet to be so sore that you're stuck sitting down. Make sure your shoes are comfy and broken-in — save those new heels for another day! Consider buying insoles for your shoes and pack Band-Aids just in case.

## Pre-network

Still not feeling confident? Check out the Facebook group or online event page to see who else will be attending. Try looking them up on LinkedIn and connecting with them prior to the event. Having a short conversation with people beforehand can make you feel more confident at the event.

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## Horoscope

**♊ Gemini | May 22-June 20**  
You won't know which way to turn. Personal changes will have to be made. It's time to slow down and take a look at your options.

**♋ Cancer | June 21-July 22**  
You will gain satisfaction from helping others, but you risk burning out if you don't take some personal time as well. Don't give in.

**♌ Leo | July 23-Aug. 22**  
Love is in the air. A change of direction is imminent, and your self-confident attitude will be a bonus when it comes to making professional changes.

**♍ Virgo | Aug. 23-Sept. 22**  
If you pay attention to small details, you will avoid having to do extra work. Once you take care of your responsibilities, you will have time for play.

**♎ Libra | Sept. 23-Oct. 22**  
Everything will go your way and you will get the cooperation you need to pursue an important project. If you display leadership, you will quickly gain followers.

**♏ Scorpio | Oct. 23-Nov. 21**  
Honesty is the best policy. If you try to deceive someone, you will face opposition and your reputation will suffer.

**♐ Sagittarius | Nov. 22-Dec. 21**  
Professional changes are evident and joint ventures look promising. You will receive a useful tip regarding a financial investment.

**♑ Capricorn | Dec. 22-Jan. 20**  
Devote time to your career pursuits. Get outdoors with family or friends and explore local areas of interest. The togetherness will be good for you.

**♒ Aquarius | Jan. 21-Feb. 18**  
Don't make a move until you have done your research. You are only getting half the information you need to make a decision.

**♓ Pisces | Feb. 19-March 20**  
You will misinterpret kindness for weakness. Consider the long-term repercussions of any contracts or agreements before signing them.

**♈ Aries | March 21-April 20**  
Carefully scrutinize any deals, purchases or commitments that are offered to you. An obscure detail could be costly if it is overlooked.

**♉ Taurus | April 21-May 21**  
You will be asked to assist someone who helped you in the past. It may be difficult, but your grace and compassion will be appreciated. **EUGENIA LAST**

## Sudoku: Easy and hard

	7		4			5	1	
2	6			5				
			2	8				
			3	9		1		8
	2	7				9	6	
8		1		2	5			
				7	2			
			3			7	4	
	1	2			6		8	

3		4	2	8				
	1				6			
5		2	7					
8		5				2		
	2	7	8		9	1	4	
		3				6		7
					4	8		1
			6			7		
			2	8	9		6	

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters to the editor

## We get what they pay for

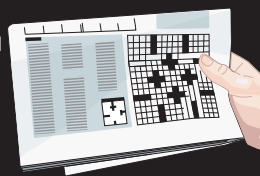
**Re: 'Crybabies on campus' (Metro, June 11)** The author was absolutely right speaking out against "political correctness" which shuts down conversation on important topics that need to be discussed. If you go ahead and speak, you will be called "insensitive" and liberals will call it a "rant" and they will not want you on their faculty. Would it be politically incorrect if I asked why Harvard has some of the highest tuition rates in the country while at the same time it has an endowment of over \$32 billion? Is it just so these often-tenured liberal professors can get big salaries for poisoning the minds of their students with their liberal garbage?  
**GEORGE CHRISTIAN JR.**

## Clinton should put her money where her mouth is

Hillary Clinton is now calling for "shared American prosperity," just like every thief in the world. As an 80-year-old senior citizen, will I get some of her millions of dollars so I can travel like the Clinton family, or will I have to give up my 1.7 percent cost-of-living Social Security increase (LOL) to someone who envies and hates me? Perhaps a phony couple on lifetime compensation. When I was young, my family gave to charities by choice. Now our government picks our pockets.  
**ALAN JACOBS, VIA EMAIL**

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



## Crossword

## Across

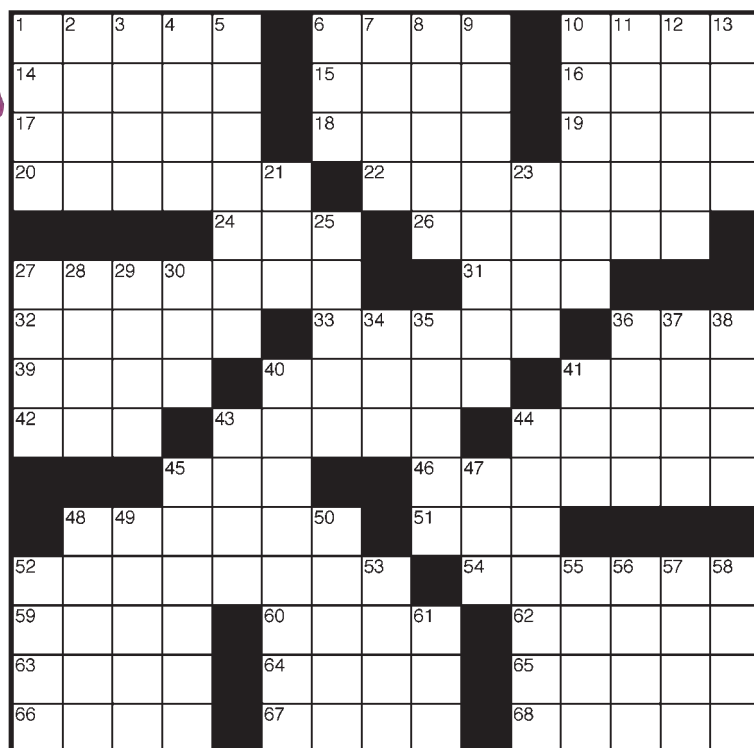
- 1 Imitation chocolate
- 6 Angus Young's band
- 10 Benchmark
- 14 Tara's Scarlett
- 15 Fruit tree
- 16 Noted diamond surname
- 17 Scent carrier
- 18 Femur, for one
- 19 Think ahead
- 20 Some T-shirts
- 22 Black bird
- 24 Flutter
- 26 Leno et al.
- 27 Ultimate car
- 31 911 responder
- 32 Panoply
- 33 Pointed
- 36 Ray gun blast
- 39 Chive relative
- 40 Grads
- 41 Reunion attendee
- 42 Air-traffic org.
- 43 Ludicrous
- 44 Ship of 1492
- 45 Chow mein additive
- 46 Feed
- 48 Climbed up
- 51 Summer hrs.
- 52 Bystander (hyph.)
- 54 Of some value
- 59 French friar
- 60 No future —

## Down

- 2 Police officers
- 3 Beg pardon!
- 3 Pro —
- 4 Kind of hygiene
- 5 Tennis gofer (2 wds.)
- 6 Police alert
- 7 Execs
- 8 Beatrice's admirer
- 9 Sugar pots mates
- 10 Port near Pompeii
- 11 Dragon puppet
- 12 Dappled horses
- 13 Type of bean
- 21 Stockholm airline
- 23 Mounties' org.
- 25 Physicist Nikola —
- 27 Baby elephant
- 28 Length x width
- 29 La — tar pits
- 30 Paneling wood
- 34 Rome wrecker
- 35 Change
- 36 New Mexico tribe
- 37 Hill builders
- 38 Universe creator, to Pharaoh
- 40 Ticking off
- 41 Mammal's need
- 43 Archipelago dot
- 44 Delays (2 wds.)
- 45 Succeed (2 wds.)
- 47 Big Ten sch.
- 48 — as a judge
- 49 Hooded snake
- 50 Benefactor
- 52 Tardy
- 53 La — (ocean phenomenon)
- 55 On a cruise
- 56 Cap visor
- 57 Tolstoy et al.
- 58 Sea eagle
- 61 Mr. Danson



## Yesterday's answer



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# 3

## SPORTS



### Stanley Cup Final

## Chicago could raise Cup tonight

The Chicago Blackhawks are one win away from earning their third Stanley Cup title in six years as they own a 3-2 series lead over the Tampa Bay Lightning with Game 6 being played tonight (8 p.m., NBC) at the United Center. The series has been extremely close thus far as the first five games have all been decided by one goal. It's just the second time in Cup Final history that has happened.



Visit **Metro.us** to read our latest NBA Mock to see what the Knicks may do at No. 4.

# New York's next champ

**Title talk.** The Mets could very well be the next New York champion.

Will the next New York champs please stand up?

New York is not exactly starving for a title in comparison to other cities, but its teams certainly haven't been thriving lately. All but two teams that call New York City home haven't won a championship in the 21st century, and one of those teams plays its home games in East Rutherford, New Jersey. So who will be the next team to parade down the Canyon of Heroes, and will it be anytime soon? Let's rank the local squads most likely to win the city's next championship.

### 1 Mets

The Mets are vying for an NL East crown despite David Wright and Travis d'Arnaud missing significant chunks of the season. It also hasn't helped that Jenrry Mejia got suspended for PED use and that Bobby Parnell and Vic Black have been MIA in the bullpen. With all the things that have gone wrong for the Mets this year, they're due for a stretch of good luck, and good health. This team may not have a lot of playoff experience, but they are built for October with their fearsome starting rotation of Matt Harvey, Jacob deGrom, Bartolo Colon and now Noah Syndergaard. The Mets bullpen, led by fantastic new closer Jeurys Familia, continues to be one of the best in the league despite being shorthanded. The Mets are no offensive dynamo, but they've been getting by with consistent contributions by Lucas Duda and Wilmer Flores. But pitching wins championships, and the Mets have more pitching than they know what to do with. Jon Niese and Dillon Gee will be prime trade candidates come July, and whatever return GM Sandy Alderson can get for them could propel the Mets to their third World Series championship.



The Mets have shown the ability to have late-inning magic this season. / GETTY IMAGES

### 2. Rangers

The Rangers didn't win the Presidents' Trophy by accident this year. Their roster is stocked with offensive talent like Rick Nash, Derek Stepan, Chris Kreider, and Derick Brassard. Kevin Hayes was a revelation as a rookie winger this year, and he stands to improve next season. Ryan McDonough will still be patrolling the blueline along with Marc Staal and Dan Girardi, and Henrik Lundqvist is still the rock the Blueshirts rely on tending goal.



HENRIK LUNDQVIST  
GETTY IMAGES

### 3 Islanders

The Islanders profile a lot like the Stanley Cup-contending Tampa Bay Lightning; full of young offensive talent (like John Tavares, Kyle Okposo and Brock Nelson, among others) as well as a solid defensive squad (Calvin de Haan and Lubomir Visnovsky come to mind). Both teams have a better-than-average goalie as well; the Bolts have Ben Bishop while the Islanders have Jaroslav Halak. The Islanders spent many a year being a leaguewide punchline, but through stockpiling young talent via the draft and making the occasional free agent acquisition (much like the Lightning did), the Islanders have constructed a roster that will be a force to reckon with for the next few years.

### 4 Yankees

It's been mentioned countless times, but the Yankees are old and falling apart. Yet they continue to contend, fighting for the AL East crown despite

hovering around the .500 mark. The Yankees are among the most aggressive teams in the league when it comes to trying to win rings, so it's likely GM Brian Cashman will pull the trigger on a deal to fortify the Bombers roster in a few weeks. In one of the worst divisions in baseball, the Yanks could absolutely slide into the playoffs this year.

### 5 Jets

After getting off to a great start in the Rex Ryan era, making back-to-back AFC Championship game appearances in 2009 and 2010, the Jets missed the playoffs for the fourth straight year in 2014, going 4-12. New head coach Todd Bowles inherits a respectable defense (sixth in yards allowed in 2014) but a lackluster offense (22nd in yards gained in 2014).

### 6 Giants

Since winning the Super Bowl in 2011, the Giants have missed the playoffs three straight years. The Giants will put

on a show offensively in 2015 with Victor Cruz and Odell Beckham Jr. catching passes, but they will have to overcome their shoddy defense, ranked 29th in the league last year.

### 7 Nets

Ever since Mikhail Prokhorov bought this franchise in 2010 there has been a lack of consistency, ranging from relocation to free agent comings and goings to several coaching changes. Not a recipe for success.

### 8 Knicks

Last season was one of the worst in Knicks history, and ever since the Patrick Ewing era ended, Knicks playoff appearances have been few and far between. It's hard to see them winning a title anytime soon as they have just begun to rebuild and the only household name they have on their roster is Carmelo Anthony.

ROBERT CRISCOLA  
@ItsGood2BeKing  
sports@metro.us





Ed Anzalone is the Jets' most recognizable fan. / GETTY IMAGES

# Players, fans want second act from 'Ed'

**NFL.** "Fireman Ed" comeback talk is heating up.

From Quincy Enunwa's iPhone screen to hopefully once again on the big screen at MetLife Stadium.

There's a hope among Jets fans that famed fan "Fireman Ed" will make a return this year as the leader of the "J-E-T-S!" chant as the once face of the franchise has been missing from his once prominent role on game-day. For years, Ed Anzalone, a retired New York City firefighter, was a renowned personality at the Meadowlands as he was the ringleader of the Jets fanbase, his shaved head and steely eyes glaring into a camera as he would whip the stadium into a

frenzy.

But Anzalone retired three years ago due to threats received at the stadium from people who associated him as an extension of the franchise and not just a fellow fan. Earlier this year, however, he hinted that a comeback might be in the making and two weeks ago at a charity event for Muhammad Wilkerson's organization, Anzalone led several hundred fans in attendance in the chant.

The moment was captured by second-year Jets wide receiver Quincy Enunwa, who filmed Anzalone's theatrics on his cellphone, then posted the video to his Instagram account. Enunwa recognized Anzalone's face from having seen it on television before but wasn't sure if it was, in fact, the tried-and-true

## Quoted

**"Anybody who can incite the crowd at a bowling alley like that, well, imagine what he can do with a stadium full of people."**

Quincy Enunwa, on "Fireman Ed"

Fireman Ed.

His hunch was later confirmed by Jets fans.

"I think any football fan for a longtime knows who he is," Enunwa told Metro last week. "But when you see him in person, you're not sure. Just like people, when they see us out in person, they don't always recognize us."

The Jets' young wide receiver was impressed with how Anzalone was able to whip people into a frenzy.

"It kind of gets you ready for the season, it's early but it gets you in the mood," Enunwa said. "I think it'll definitely put

the fans into the game more [if he comes back]. Us doing well wouldn't hurt. Having Fireman Ed out there though would definitely help."

There is even a website, BringBackEd.com, with an online petition imploring Anzalone to make a comeback.

"Anybody who can incite the crowd at a bowling alley like that, well, imagine what he can do with a stadium full of people?" Enunwa said. "That'd be awesome to have that."

KRISTIAN DYER  
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FOR MORE INFORMATION ABOUT THE STUDY PLEASE CONTACT:

Ms. Xiangling Mao | Weill Cornell Medical College

Phone: (212) 746-2632 • E-mail: [xim2004@med.cornell.edu](mailto:xim2004@med.cornell.edu)

WCMC IRB# 1207012642 Approved from 5/1/2015 to 9/22/2015

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212.298.2900 x2910 • North End Avenue and Murray Street

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